



NEWS  
WORTH  
SHARING.



## GET INTO GWYNETH'S PANTRIES

NO COFFEE, NO BREAD, NO FUN?  
IT'S ALL GOOD — SO SAYS  
PALTROW'S NEW COOKBOOK

PAGE 14



## PTSD? There's an app for that

Feds announce funding for  
smartphone application to  
help veterans cope with  
post-war trauma

PAGE 10

## Billions of bugs, one-track mind

They've spent 17 long years  
underground, and these cicadas  
are coming to the surface for one  
reason only...

PAGE 11



# Habs, Sens look to rein in tempers



Ottawa's Chris Neil fights with the Habs' Travis Moen Sunday night during Game 3 of the teams' first-round playoff series. Ottawa beat Montreal 6-1.

FRED CHARTRAND/THE CANADIAN PRESS

**Be cool.** Team that  
manages to best  
control emotions likely  
to have advantage

Emotions were a little more  
controlled on an off-day in the  
first-round playoff series be-  
tween the Montreal Canadiens  
and Ottawa Senators, but it's  
clear a highly anticipated ri-  
valry has finally developed be-  
tween these two teams.

Sunday night the Senators  
took a 2-1 series lead in its  
best-of-seven first-round se-  
ries in a fight-filled, emotional  
game.

On Monday players from  
both sides downplayed the  
events of the game, saying it's  
just part of playoff hockey and  
to be expected at this time of  
year. The intensity is sure to  
ratchet up again Tuesday night  
when Game 4 goes at Scotiabank Place.

"This is fun," said Ottawa  
forward Kyle Turris. "It's a  
great atmosphere, real fun and  
I don't know if you would call  
it a hatred on the ice, but it's  
lots of fun."

Montreal defenceman P.K.  
Subban echoed Turris.

"This is playoffs, this is  
exciting," Subban said. "We  
knew this being an all-Can-  
adian series that it was going  
to be a lot of emotion and in-  
tensity involved."

Turris was targeted by a  
number of Montreal players  
on Sunday. He fought Subban,  
and as the final buzzer sound-  
ed Montreal defenceman Josh  
Gorges fired a puck at Turris.

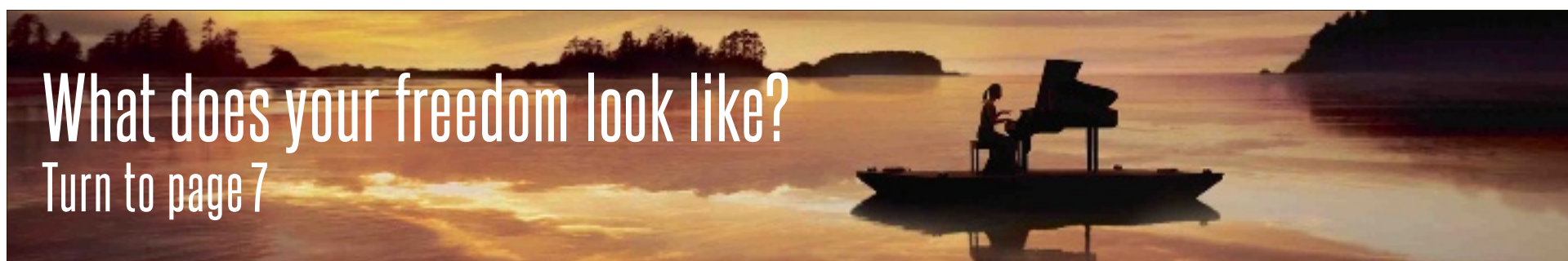
While neither team ex-  
pects things to escalate to the  
same level in Game 4, it's clear  
the Senators want to continue  
to play a physical style while  
Montreal would prefer to wear  
Ottawa down with its speed.

"Last night was one game  
and (Tuesday) will be a totally  
different one," said Ottawa de-  
fenceman Erik Karlsson.

The Canadiens say they  
need to focus on their own  
style if they want to win the  
series.

"We have to get back to  
playing our game," Subban  
said. "We have to get back to  
doing the things that make us  
successful."

Sens coach Paul MacLean  
says he has made it clear to his  
team that they haven't accom-  
plished anything yet and need  
to keep their focus on the next  
game. **THE CANADIAN PRESS**

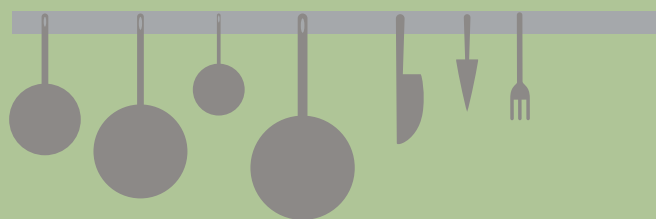


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# Ottawa women learn to lean in

**Women in Social Business Forum.** Event focused on females interested in non-profits honing their skills



**GRAHAM LANKTREE**  
graham.lanktree@metronews.ca

Women who want to make a social impact honed their networking skills and learned new ways to generate more revenue for non-profits at Ottawa's first Women in Social Business Forum Monday.

"I'm really new to networking and I think it's nerve wracking for many people to go into a room full of people they don't know and walk away knowing a few," said Community Forward Fund spokesperson, Sarah Young, 25, who took part in the day-long forum.

Social enterprises aren't strictly non-profits, but businesses that put social good right beside raking in the dough.

"When you put a social benefit together with profit-making, then you have a business that can improve everything for all of us," said forum

founder Tina Crouse, who leads the Ottawa chapter of Women in Leadership, adding "this is the new way to do business."

Despite having many strong and outstanding female leaders in the social enterprise sector, there isn't much focus on women, said Crouse, indicating why, in a world filled with business meetings, this one stands to become an annual event.

"This is a way to refocus on all the talent that we have," she said. "In my mind, this is the best way that people could change doing business so that they feel good about what they do every day."

In addition to learning about active listening and breaking boundaries, Young shared with other women at the event information about non-traditional loans that her own organization lends to social enterprises looking to get off the ground or bump up their offerings.

In the past nine months, her group has granted a series of loans from \$50,000 to \$500,000 with the help of six community and private foundation investors. One beneficiary is Ottawa Community Immigrant Services, which is building a new apartment complex with 60 units for newcomers to settle in the city.



Sarah Young of the Community Forward Fund said that she got to talk about the loans her organization gives to small NGOs at the Women in Social Business Forum. GRAHAM LANKTREE /METRO

## LRT consultations to have one track in mind



An artist's rendering of an LRT station. CONTRIBUTED/CITY OF OTTAWA

Extra consultations for the proposed Richmond Underground LRT extension will not allow for a new route, just tweaks to city staff's preferred option.

That's according to transportation committee chair Coun. Keith Egli, who said Monday that pushing back the final approval of the city's plans is more about tweaking than changing directions.

"It will ... allow people to tell us what concerns them

about the proposals, whether it be view, access, fencing etc. and allow us an opportunity to address those concerns through design modifications and enhancements," Egli wrote in an emailed response to questions Monday. "I believe further consultation will be a worthwhile undertaking for residents and make the work already undertaken even better."

That means running the

westward route down Carling Avenue is still off the table. Egli said that he personally urged Mayor Jim Watson and his fellow councillors to put off the vote to give residents more time to vent their concerns.

The consultation schedule has not yet been set, but Egli said it could include ward-based meetings or web-based input.

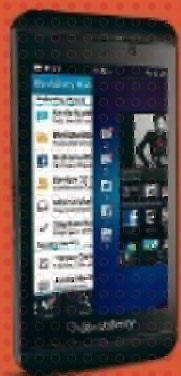
"Other consultation options are being looked at," he

wrote. "It is important that people get back to us with feedback on what is currently on the table so we can work with those options and make them better."

In an email to councillors on Friday, Watson said the transportation committee would deal with the matter on July 10, rather than the originally scheduled June 5. Council will vote on the matter July 17.

ALEX BOULIER/METRO

1 NEWS



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Tarek Hassan prepares meat on Monday ahead of Ottawa's Street Food Showcase. Hassan's Gōngfu bao food cart, serving Chinese buns, is one of 10 new street-food offerings the city will showcase Wednesday during lunch hour.

GRAHAM LANKTREE/METRO

# Food-cart launch will bring 'fun chaos' to Ottawa's streets

**New for noshing.** First time since 1996 that city has given out new street-vendor licences



GRAHAM LANKTREE  
graham.lanktree@metronews.ca

The only chance to find all 18 food carts and trucks rolling onto Ottawa streets in one place this summer is at city hall this Wednesday at a showcase of the great new eats.

"It will be interesting to get the full impression of what will be available without having to trek through downtown," said Tarek Hassan, whose steamed-Chinese-bun cart, Gōngfu bao, will set up at the corner of Elgin and Slater streets. "A lot of the vendors are excited to meet each other."

Hosted by Food Network's

## Save your appetite

Ottawa's Street Food Showcase comes to city hall Wednesday. Tickets are \$10.

Eat St. host James Cunningham, Ottawa's Street Food Showcase will offer up the tastes of 10 of the new food flavours.

"It will be the fun kind of chaos," said Coun. Mark Taylor of the crowds of people the carts will bring to the urban core when they hit the streets this Friday, adding that he isn't going to eat breakfast on Wednesday so that he can sample each of the 10 tastes on offer.

For \$10, visitors will be able to sample as much as they like at the launch, with all the proceeds going to the Shepherds of Good Hope. This is the first time since 1996 that the city

has given out new street-vendor licences.

"We've really come into our own in Ottawa in terms of being an epicurean culture," he said, noting that the Street Vending Program that brought in the new tastes was started last fall by the city with a mind to bring food culture out of the restaurants and into the streets.

"I'm using the steamed bun as a medium and going from there," said Hassan, a veteran of eateries such as Side-door and Savana Café, whose steamed-bun creations known as baos include a maple Berkshire char siu bao and Shanghai grilled cheese jian-bao.

"I'm taking local and quite exquisite ingredients that are available here and melding them with a traditional filling," he said. "It's kind of a big deal since, for the last 20 years, Ottawa has only had street meat and poutine."

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<b>Interactive SQL</b> Workshop (2d)	June 18, July 9
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<b>DB2 COBOL</b> Programming (2d)	June 20, July 11
<b>DB2</b> Concepts and Facilities (1d)	May 27, June 17
<b>DB2 SQL</b> Queries Workshop (3d)	June 17, July 8
<b>DB2</b> Database Administration (5d)	May 27, July 15
<b>DB2 Advanced SQL</b> Workshop (2d)	June 10, July 22
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### Vaccine concerns

## Flu shots won't flare up IBD: Study

A new study by researchers at the Children's Hospital of Eastern Ontario suggests getting a flu shot doesn't exacerbate inflammatory bowel disease in children and teens and may even protect them from flare-ups.

Children who suffer from inflammatory bowel disease are encouraged to get flu shots every year, because the drugs they take weaken their ability to fend off infections. Some patients are worried about getting the shots because there have been reports the flu vaccine can cause their disease to flare. **THE CANADIAN PRESS**

### Carleton University

## Chemistry to light up the dark again

Carleton University's Chemistry Department is hosting its second annual outdoor chemistry magic show. Light Up the Night with Chemistry in the Dark is part of Science Rendezvous, a national one-day celebration of science.

The free one-hour show on May 11 features fun for kids age six and up, with explosions, a look at the inner workings of fireworks, spontaneous combustions and things that glow in the dark.

There will be hands-on activities before the show, in which participants can make ice cream with liquid nitrogen, make slime and much more.

Activities start at 7:30 p.m. at the university's amphitheatre between Southam and Paterson Halls. The show starts at 8:45 p.m. **METRO**



Ali Audy, 12, will travel to France to play in the Mondial Pupilles de Plomelin tournament. **EDDIE RWEMA/METROLAND**

# From refugee to soccer star

**Ottawa Fury.** Student selected to play in tournament in France

**EDDIE RWEMA**  
Metroland

For almost six years, 12-year-old Ali Audy lived in a refugee camp in Syria after his parents were forced out of Iraq because of war. Now, the Ottawa student is chasing his dream of one day becoming a soccer player.

Two years ago, Ali and his family left the horror behind and came to Canada. He'd never been to school before, but when he arrived at Charles H. Hulse Public School, Ali did have one thing in common

### Higher and higher

"This could be a stepping stone for ... his dreams of playing soccer professionally and to one day represent Canada."

Marina Saulig, acting principal of Charles H. Hulse Public School

with his new friends: soccer.

Ali said that sometimes he used the sport to block out the ugliness of the refugee camp.

"I could see it in the gym classes that he was very coordinated," said Riaz Mohammed, the Grade 4 teacher that first discovered Ali's talent.

The Ottawa Fury FC U-13 team has chosen Ali to participate in the prestigious Mondial Pupilles de Plomelin youth tournament in France.

For the past few weeks, Ali's

schoolmates, teachers and the community have been working to raise \$2,000 towards his trip.

After observing the kind of talent that youngster had, his teacher felt that if Ali could succeed at soccer it would give him the confidence to succeed in the classroom.

Mohammed asked the Ottawa Fury if they would let him try out. Not only did Ali make the team, he has now been chosen among four other boys to play in Europe.

## Pine View. Three parties looking at golf takeover

A number of private outfits are interested in the possibility of taking over operations at a city-run golf course cited by Ottawa's auditor general in 2010 for poor governance and lack of oversight.

There are at least three parties that have come forward to express interest in taking over operations at Pine View Municipal Golf Course in the city's east end, according to Rideau-Goulbourn

Coun. Scott Moffatt.

"I think any one (of the companies) that's interested, I think it would be in better hands than how we currently operate it," said Moffatt, who chairs Pine View's board.

Only one of the organizations mulling over Pine View is known — TMSI Sports Management, which operates a number of recreation facilities in and around Ottawa, **ALEX BOUTILIER/METRO**

## Celestial singalong. Kids back up Chris Hadfield

Despite more than a few technical difficulties, 300 choir students from Ottawa elementary schools raised their voices alongside Commander Chris Hadfield for Music Monday.

"I'm sorry we didn't pay our cable bill up in space," joked mayor Jim Watson, after a video link with Hadfield aboard the International Space Station stopped as he played his song I.S.S. — Is Somebody Singing. **GRAHAM LANKTREE/METRO**



The video link. **GRAHAM LANKTREE/METRO**



# Ex's e-lies killed my rep: Teacher



Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

**Cybersmear.** Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — includ-

ing coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthy liar.com and datingspsychos.com calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of \$66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. **KATE WEBB/METRO**

## Utah

### DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges.

**THE ASSOCIATED PRESS**

## First-degree murder

### Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial.

The trial attracted worldwide attention.

**THE ASSOCIATED PRESS**

## Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government mon-

itoring and medical

warnings about overconsumption of caffeine.

A few years ago, three former employees of PepsiCo Canada and Kraft Canada



TORSTAR NEWS SERVICES

took note of

growing demand for

"functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics.

"We wanted to create a product that

tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites.

**TORSTAR NEWS SERVICES**

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Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

## Legless man begins his 300-km odyssey

**We Walk 4Water.**  
Edmonton-to-Calgary  
journey will raise cash  
for clean drinking water

**PATRICK  
NGUYEN**  
For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk

4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both his legs to a genetic disorder. Doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it has led to one of his main messages.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

West will be making the 300-kilometre walk on his hands and in his wheelchair

with best friends David Johnson and Alex Meers. He'll also be joined by singer Nelly Furtaido, Free The Children co-founder Craig Kielburger, and Aislinn Paul and Munro Chambers of Degraasi.

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

**For more**

Follow the  
journey online at  
[metronews.ca](http://metronews.ca)



**Budget sheared**

**University to count  
coin, not sheep**

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep after recent cutbacks.

According to Mary Buhr, dean of the College of Agriculture and Biore-sources, it costs the U of S roughly \$100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

**MORGAN MODJESKI/  
METRO IN SASKATOON**

## Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec

**Special thanks to...**

**"There wouldn't be a  
Gangnam Style if we  
hadn't had the sacrifice  
of Canadians, members  
of the United Nations."**

Veterans' Affairs Minister Steven Blaney

City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea.

**TORSTAR NEWS SERVICE**



# Kremlin protest floods Moscow

**Moscow.** Thousands support jailed comrades, who face multi-year prison sentences for role in last year's protests

Around 20,000 Russian opposition supporters gathered for a protest on Monday, venting anger against the Kremlin and

demanding the release of political prisoners.

Exactly a year ago, a protest on the same square the day before President Vladimir Putin's third presidential inauguration ended in violent clashes between demonstrators and police.

Participants in Monday's rally, which went peacefully amid heavy police cordons, urged the authorities to free

more than two dozen people facing criminal charges over their involvement in the protest a year ago.

Since Putin returned to the presidency, authorities have initiated criminal proceedings against opposition activists and the Kremlin-controlled parliament has quickly approved a series of repressive bills that sharply hiked fines for participation in unauthorized rallies

and imposed new tough restrictions on civil society activists.

Alexei Navalny, an opposition leader who is facing a trial on embezzlement charges he said were fabricated on Putin's orders, urged the demonstrators Monday to "throw (Putin) out of the Kremlin."

He ended his speech with a chant "Russia will be free!" that was repeated by the crowd.

THE ASSOCIATED PRESS



Russian police officers detain an unidentified man during a protest rally in Bolotnaya Square in Moscow on Monday. Up to 20,000 Russian opposition supporters gathered for the protest. IVAN SEKRETAREV/THE ASSOCIATED PRESS

## Prehistoric justice. Stolen Tyrannosaurus skeleton returned to Mongolia

U.S. authorities in New York are returning a 70-million-year-old Tyrannosaurus skeleton to the Mongolian government this week.

The artifact will be flown to its native land free of charge via Korean Air, U.S. and Mongolian officials said Monday while announcing the repatriation of the priceless artifact.

"We are very pleased to have played a pivotal role in returning Mongolia's million-dollar baby," U.S. Attorney Preet Bharara said. "Of course, that million-dollar price tag, as

high as it is, doesn't begin to describe the true value of an ancient artifact that is part of the fabric of a country's natural history and cultural heritage."

The skeleton had been looted from Mongolia's Gobi Desert and illegally smuggled into the U.S. by fossils dealer Eric Prokopi, authorities said. Prokopi, who bought and sold whole and partial dinosaur skeletons out of his Florida home, illegally imported the bones into the U.S. then assembled them into a skeleton, authorities said.

THE ASSOCIATED PRESS



Bolortsetseg Minjin, director of Mongolia's natural-history museum, examines the Tyrannosaurus bataar skeleton in New York, Monday. THE ASSOCIATED PRESS

### Alleged hit-and-run

## U.S. bishop arrested on drunk-driving charges

The leader of a Roman Catholic Diocese was arrested over the weekend on a drunken-driving charge after an alleged hit-and-run accident.

Worcester, Mass., Bishop Robert McManus, 61, was arrested Saturday night in the neighbouring state of Rhode Island.

After the accident, the driver of the other vehicle



Bishop Robert J. McManus  
THE ASSOCIATED PRESS

followed McManus and called police, who arrested McManus at his nearby vacation home, police said. In a statement Monday, McManus said he "made a terrible error in judgment" by driving after drinking wine at dinner. THE ASSOCIATED PRESS



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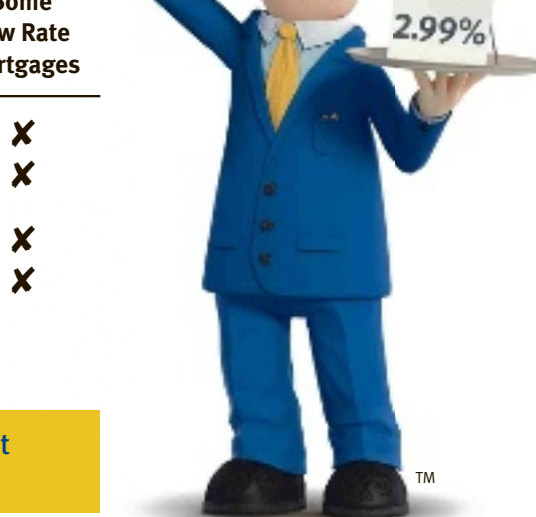
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# App to help vets cope with PTSD

## Mental Health Week.

Mobile tool gives users details on symptoms, support, coping skills

The rollout of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in



Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. THE CANADIAN PRESS

addressing the mental-health needs of those who sacrificed so much for their country."

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care, and where to find

## Quoted

**"Post-traumatic stress disorder is one of the most treatable mental-health conditions."**

Ryerson University Prof. Candice Monson, who will lead a research project aimed at training clinicians to help those with PTSD

support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life.

Blaney also announced the government would kick in almost \$376,000 for a two-year study involving 140 clinicians. The Ryerson University research will look at how effectively clinicians are using cognitive-processing therapy to treat adults with post-traumatic stress disorder.

THE CANADIAN PRESS



## No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said Monday. WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS

## Commuting. N.Y.C. jumps on bike-sharing bandwagon

New York City, with its constant hum of subways, buses, cabs and ferries, has long had one glaring exception to its many transportation options: bicycles for the masses.

But bike sharing is finally coming to the Big Apple, which could help the city overcome its reputation as a commuter obstacle course of speeding cabbies, horn-honking drivers and sharp-elbowed pedestrians who treat crossing signals as a mere suggestion.

City officials say the U.S.'s largest bike-sharing system will begin sometime this month with 6,000 bikes at 330 stations in Manhattan and parts of Brooklyn, with plans to expand eventually to 10,000 bikes and 600 docking stations in Manhattan, Brooklyn and Queens.

"When you talk about scale, no other U.S. city comes close," says Jon Orcutt, policy director at the city's Department of Transportation, which is overseeing the launch of the program.

Officials hope the privately funded bike-sharing program, dubbed Citi Bike after a \$41-million US sponsorship from Citibank and an additional \$6.5 million from MasterCard, will add riders to the more than 1,130 kilometres of bike lanes throughout New York and will



In this photo taken last week, a cyclist pulls into a docking rack that's part of a new bike-sharing program in New York City. THE ASSOCIATED PRESS

## By the numbers

# 534

As of last month, there were a total of 534 bike-sharing programs worldwide, according to Russell Meddin, a Philadelphia-based bike-sharing advocate who tracks and maps the programs.

be used by one-way commuters and round-trip tourists alike.

Thousands of people already have signed up as Citi Bike founding members, paying the \$95 US annual fee for unlimited rides of 45 minutes.

THE CANADIAN PRESS

## Wind and solar farms

## WTO rules against Ontario's green energy legislation

The federal and Ontario governments are reviewing a ruling by the World Trade Organization that made-in-Ontario provisions of the province's green-energy laws contravene international guidelines.

But there are no immediate plans to change the legislation, Ontario Energy Minister Bob Chiarelli said Monday. Japan first brought the case in 2010, arguing a provision requiring made-in-Ontario parts for wind and solar farms breaches international trade law.

THE CANADIAN PRESS

## Dubious products

## Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release Poutine flavour exclusively for the Canadian market. In the decade since the Seattle-based company issued a Turkey & Gravy soft drink as a promotional lark, it's become known for wacky flavours — Gingerbread, Green Bean Casserole, Pear Tree and Candy Cane.

TORSTAR NEWS SERVICE

## E-tailing

## U.S. bill may end tax-free online shopping

The days of tax-free shopping on the web may soon end for many U.S. consumers. The Senate passed a bill Monday that would empower states to collect sales taxes for purchases made over the Internet.

THE ASSOCIATED PRESS

## Market Minute

**DOLLAR**  
99.32¢ (+0.09¢)

**TSX**  
12,453.92 (+15.89)

**OIL**  
\$96.16 US (+55¢)

**GOLD**  
\$1,468 US (+\$3.80)

**Natural gas:** \$4.03 US (-1¢)  
**Dow Jones:** 14,968.89 (-5.07)

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# DON'T ASK ME TO PAY FOR YOUR WEDDING

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowd-funding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it

## Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# Brood II: 17 years in the making



**Billions to emerge from earth — but don't worry!**

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

## Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

## Click bait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

With marathon season now in full swing, runners — from ultra-marathoners to couch-to-5K'ers — are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

## Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

## iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from

ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

## Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and workouts. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

## Tweets

**@metropicks asked:** Montreal held its first-ever gathering of red-heads, which attracted hundreds of participants. Who should be the community's ambassador?

**@FrenchmanCanada:**  
@shaunmajumder I'm sure he secretly is a redhead.

**@lyinatnight:**  
anne of green gables

**@ruggles79:**  
Carrot Top. Nuff said...

**@matty7films:**  
Rita Macneil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

**@marcuscarab:**  
Eric Cartman, obviously

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)



## DVD reviews



### Jack Reacher

**Director.** Christopher McQuarrie

**Stars.** Tom Cruise, Rosamund Pike, Richard Jenkins

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a “justice” not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man’s 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn’t.

PETER HOWELL

# Robert DeLong just has that ‘X’ factor

## Revenge of the nerd.

Don’t call Electronic Dance Music’s new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT  
Metro World News

Dubbed the “thinking man’s Guetta,” Robert DeLong’s rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there’s the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It’s like being invited to the weird kid’s house who’s already started experimenting with homemade bongs — disconcerting but alluring. This is Robert’s den, a paradise for techy junkies. If you’re wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious finger-licking for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

**Talk me through your look — it’s pretty chilled out — what’s the thinking? And what’s with the face paint?** I’ve had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from



Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

**Anything more symbolic?** I wish there were.

**Would I be right in saying that you keep your look pared-down to keep your set just about the music?** I suppose in a way. I like having a uniform essentially. It’s pretty simple but also memorable.

**Are you starting to get a cult following of fans in your Tees with painted faces?** Yeah, it’s picking up. It’s

cool; it’s crazy.

**You’ve said before that you’re a “nerd.” Does that mean you enjoy your own company?**

I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

**You’ve also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?**

I was but not super though. My parents would never let me have a console — which

was great, to be honest.

**You were more into the techy side of computers?**

I used to write text adventure programs: “You come to a tree, do you want to go left or right.” They were terrible; they barely worked.

**MTV has labelled you one of their “Artists To Watch.” Any fans taken the watching part to a creepy level?**

Yeah, I’ve had the strange experience here and there after a show with the weird person following me around.

**Have they tried to steal any of your stuff or lunged?**

Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it’ll bounce off and hit somebody in the face.

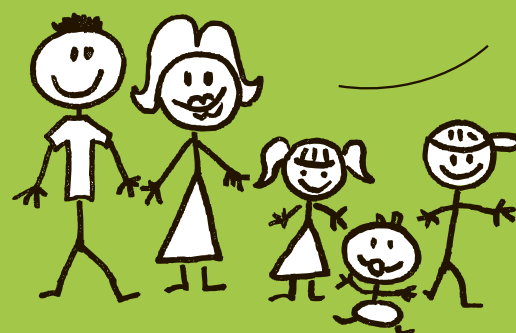
**And has that MTV title added any pressure?**

I think it’s great. You have to go through MTV to get to the masses, so I think it’s cool that they acknowledge that I exist.

**You’ve been described as both “the anti-Guetta” and the “thinking man’s Guetta.” Your sound is more intellectual but do you want a slice of his fame?**

I wouldn’t say that I’m the anti-Guetta. Money’s important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I’m playing to bigger audiences and more people are hearing my music and I love that.

# FRESH CO.



come see  
for yourself





Chris Brown ALL PHOTOS GETTY IMAGES

## Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the

24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Rage against the dying of the light — or just pick Bieber



THE WORD  
Dorothy Robinson  
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The

executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

That means the current line-up of judges — Mariah Carey, Nicki Minaj, Keith Urban and Randy Jackson — will possibly not be returning. Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?



Big Ang THE MOHEGAN SUN

## Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans

got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.



Mister Cee

## Radio DJ Mister Cee busted for prostitution

One of Hot 97's most popular DJs — Mister Cee — is having a rough few days.

On Thursday night, the DJ, who also produced the Notorious B.I.G.'s Ready to Die, was arrested after he propositioned a male prostitute in Brooklyn. Unluckily for Cee, that prostitute was actually an undercover cop.

But now Cee is saying

that the press (and the cops) have it all wrong — dude was really a lady.

"I am not gay," Mister Cee told Hot 97 program director Ebro Darden on Monday morning's show.

"They tried to turn it around and say the female officer was a male officer. It was a sting operation," he says.



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# Gwyneth Paltrow, your new celebrity chef

**Food.** The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, *It's All Good*, may be overwhelming, but the recipes are irresistible

ROMINA  
McGUINNESS  
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook *It's all Good* — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen *Iron Man 3*?

She looks amazing, even when the girl is literally on fire.



Looking good and feeling good. HANDOUT

## Afternoon snack: A handful of raw almonds



### From the foreword



## Does this actually work?

DR. HABIB  
SADEGHI  
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for *It's All Good*, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

**Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?** "No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. ... Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hyper-nutrition, supplementation and digestive rest. It's medicinal."

### Top 5

## Dr. Sadeghi's top 4 foods for optimum health

**1** Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

**2** Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

**3** Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

**4** Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins."



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Best Health

## Three delicious ways to boost your eyesight



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Editor-in-chief  
Best Health Magazine

May is Vision Health Month in Canada. Stock up on these foods to help keep your eyes healthy.

Keep eating them all throughout the year to maintain that boost.

**1. Citrus fruit.** It's full of vitamin C, a powerful antioxidant that inhibits damage to the body caused by free radicals. Recent research has shown that the retinas of our eyes require vitamin C in order for their

nerve cells to function properly and to maintain better eyesight.

**2. Leafy greens.** Spinach, kale and other greens are a good source of lutein and zeaxanthin, which help retina cells ward off free radicals and reduce the risk of macular degeneration.

**3. Sweet potatoes and carrots.** Foods high in beta-carotene can help protect eyes. In the body, beta carotene is converted to vitamin A, and in the retina it converts to a protein essential for perception of light.

**TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO [BESTHEALTHMAG.CA/METRONWS](http://BESTHEALTHMAG.CA/METRONWS).**



# She survived six rounds of chemo; bring on the mountain

**Breast cancer.** Survivor preparing to climb Mount Kilimanjaro, blog about it and raise money for The Hope Trek

Are you ready for the adventure of a lifetime? Join the Hope Trek to the summit of Mount Kilimanjaro and support a future without breast cancer.

This incredible 11-day journey begins on Sept. 26 and ends on Oct. 6 — the same day as the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The footage of the Hope Trekkers reaching the summit of Kilimanjaro will be broadcast at every opening ceremony for the CIBC Run for the Cure, which is being staged at 68 sites across Canada. The Hope Trek is organized by Charity Challenge,



Help others overcome breast cancer by supporting the Hope Trek up Mount Kilimanjaro. HANDOUT

the world's leading fundraising challenge operator. They have helped to raise more than \$50 million for more than 1,400 registered charities.

Jodi Brown, who shared her story about winning her breast cancer battle in Metro last October, is joining the Hope Trek, and she'll be writing about her experience and the experience of her fellow trekkers for Metro.ca.

"I'm climbing Mount Kilimanjaro (in Tanzania! in Africa! — yes I had to Google it) for two reasons," says Brown. "One, I'm a breast cancer survivor. And two, the thought of climbing it intimidates the crap out of me. Recently, I've decided that if something really scares you, you should probably do it. I made it through six rounds of chemo and a double mastectomy. Bring on the enormous, huge,

Have Hope

The details on Hope Trek

- **Who?** Maximum of 28 people per trip
- **What?** 11-day trek to Mt. Kilimanjaro summit through the Lemosho route.
- **Where?** Mt. Kilimanjaro in Tanzania, Africa.
- **Why?** To raise money for the Canadian Breast Cancer Foundation

giant, mountain!" If you're ready for the challenge, you can register at [charitychallenge.ca](http://charitychallenge.ca). Book before May 28, type in the promo code METRO and you'll receive \$100 off your deposit. Numbers are limited and places are allocated on a first come, first served basis.

**METRO**

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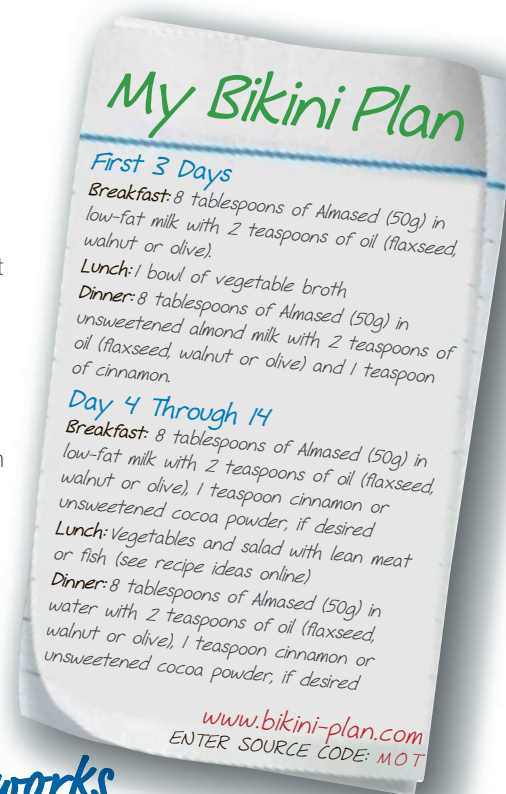
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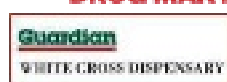
...simply because it works

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# The ultimate crowd-pleaser, lasagna is always the answer

**MAIJA  
MOMENTS**  
YummyMummyClub.ca

Lasagna is a staple recipe in any kitchen. Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles



You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.

4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.

## Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

**YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

## Health Solutions

### Get a little okra into your life



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet

of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM**

# Tonight's the perfect night for gnocchi



20-Minute Gnocchi With Italian Sausage Sauce. KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

**KAREN  
HUMPHREY**  
YummyMummyClub.ca

1. Put a large pot of water over medium-high heat to boil.
2. In a large, deep fry pan, sauté sausage over medium heat, breaking it up and stirring until no longer pink. Push to the edge of the pan and drain off all but a few tablespoons of fat, then stir

in the onion and red pepper. Cook until they're softened. Add the garlic and cook, stirring, until fragrant, and then add mushrooms, cooking just long enough to soften them up a bit.

3. Pour in the bottle of passata and turn the heat down. Stir and heat through. Stir in the oregano, basil, pepper flakes, salt and pepper, balsamic vinegar and honey. Let the sauce cook while you

move on to the gnocchi.

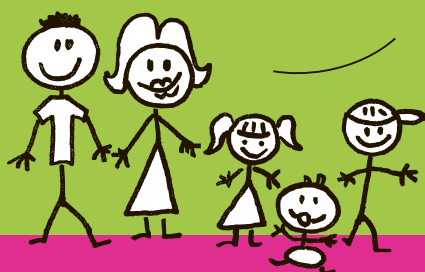
4. When the water in the large pot you had going boils, dump in the gnocchi and let them cook until they float to the top. When they do, remove them from the water with a slotted spoon and divide among some bowls. Spoon the Italian sausage sauce over top and top with freshly grated Parmesan cheese.

**YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

## Ingredients

- 2 mild Italian sausages, pushed out of their casings
- 1 small onion, chopped
- 1 sweet red pepper, chopped
- 2 garlic cloves
- 6-8 mushrooms
- 1 700 g bottle of passata
- 1 tsp oregano
- 1 tsp basil
- pinch of hot pepper flakes
- fresh cracked pepper and salt, to taste
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 1 500 g package of gnocchi
- freshly grated Parmesan cheese

# FRESH CO.



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## NEED A RIDE?

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Wednesday.



# The Spark: Defying the experts on autism

**Nurturing Genius.**  
Book details how a mother took son out of special education to work with him herself

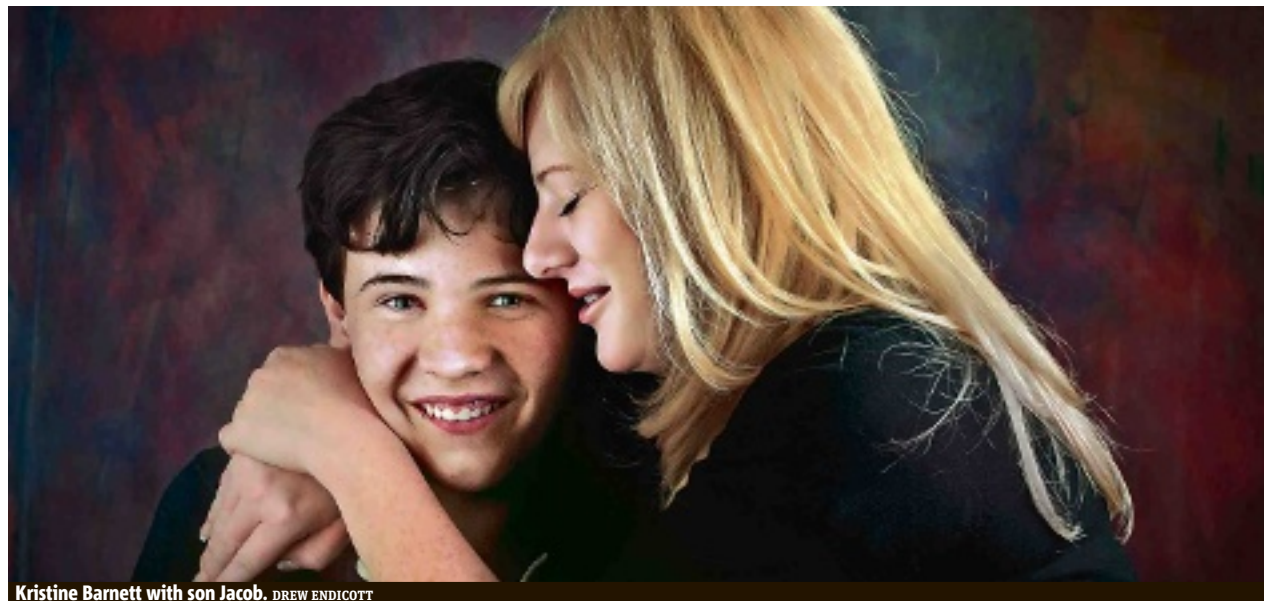
RITA  
POLIAKOV  
rita.poliakov@metronews.ca

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of *The Spark: A Mother's Story of Nurturing Genius* (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate



Kristine Barnett with son Jacob. DREW ENDICOTT

to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month-old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob

out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to

teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write *The Spark*.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their

child's instincts," she said.

Writing *The Spark* wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

Jacob was supportive

## To learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote *The Autistic Brain: Thinking Across the Spectrum*, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit [thomasallen.ca](http://thomasallen.ca) and search for the title.

through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.



Did you get the memo? Annoying colleagues can drive you nuts. ISTOCK IMAGES

# Study: The annoying things people do in the workplace

Using jargon phrases such as "think outside the box" and "touch base" will make you an unpopular colleague, and can destroy workplace morale, according to a new study of the worst office habits from Britain's Institute of Leadership and Management (ILM).

Around 64 per cent of those surveyed complained of "management speak" in the workplace. Colleagues arriving late to meetings upset 65 per cent of respondents, while 60 per cent had a problem with gossip. Clothing choices and refusal to make tea or coffee were also common reasons for irritation.

The study urged management to proactively address such problems, which although seemingly trivial, can escalate into serious issues.

"People treat these as

minor irritations but there is a cumulative effect," David Pardey, ILM's Head of Research & Policy, told Metro. "If no one takes action, it communicates a lack of care or respect that can lead to departures, or in the case of gossiping, legal issues such as bullying cases."

Managers must address such problems, Pardey added. "The first time one of these issues arises, the manager is not responsible. The 10th time it is squarely on them."

Workplace irritations are widely blamed on long hours, but Jonny Gifford, research adviser at the Chartered Institute of Personnel and Development, disagrees. "Job satisfaction has increased during the recession, despite the fact we are working harder. This is due to a rise in worker

## Tips to be a model colleague

- 1 Treat people well, and with good manners.
- 2 Be on time for meetings — lateness is disrespectful.
- 3 Avoid "management speak" — it alienates and confuses people.
- 4 Think about the best mode of communication. Face-to-face is often better than email.
- 5 Consider how noise you make affects colleagues.

influence, involvement in decision-making, and a more open culture."

KIERON MONKS/METRO WORLD NEWS



# POSITIVELY SHIFTING PERCEPTIONS

## ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced



DIGITAL VISION/THINKSTOCK

by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and

other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit [mentalhealthweek.ca](http://mentalhealthweek.ca).

— Jane Doucet

## CMHA IS YOUR SOURCE FOR SERVICES

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and

community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources

and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit [cmha.ca](http://cmha.ca).



JUPITERIMAGES/CREATAS/THINKSTOCK

Why is your mental health so important?

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.



CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013

# It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For more information on how to maintain your mental health, to find Mental Health Week events in your community or to donate to CMHA, go to [mentalhealthweek.ca](http://mentalhealthweek.ca).

Mental health tips  
What you can do for your mental health:

Enjoy life.

Eat well and keep active.

Talk about it.

Be kind to yourself. Take time to relax.

Ask for help — when you need it.

Practice positive self-talk.



Canadian Mental Health Association  
Mental health for all

Association canadienne pour la santé mentale  
La santé mentale pour tous

[facebook.com/CANMentalHealth](https://facebook.com/CANMentalHealth)  
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# NOT YOURSELF TODAY? ADVICE IS AVAILABLE

Perhaps you couldn't sleep last night because you were worrying about the upcoming workday. When it was time to get up, maybe you decided you couldn't face your boss or co-workers, so you called in sick.

You aren't alone. Every day, 500,000 Canadians miss work due to mental health issues. The good news is that help is at hand.

A national organization called Partners for Mental Health is collaborating with the Canadian Mental Health Association (CMHA) on a workplace mental health campaign called Not Myself Today, which launches on May 9.

Interested employers will receive an easy-to-use campaign toolkit with everything they will need to organize a workplace event, including resources, posters and details about how to make it happen.

To help promote mental health, employers are also being encouraged to get their staff to take part in Not Myself Day

## HOW CAN YOU HELP?

Employers and co-workers can help create a mentally healthy workplace in these ways:

- Listen, engage in discussion and be supportive.
- Pay attention to your own mental health and well-being.
- Support a colleague who is living with a mental health condition or illness.
- Engage your work peers to challenge the negative stereotypes and attitudes that exist around mental illness.

@ Work on June 6, which wraps up the month-long campaign.

The benefits of these efforts to companies' bottom lines can be astounding — some estimates are that up to 25 per cent of the costs of mental health issues to



BRAND X PICTURES/THINKSTOCK

employers can be avoided.

This is an opportunity to be known as a forward-thinking organization that supports mentally healthy workplaces, not to mention reaping the longer-term rewards of improved employee well-being, productivity and lower disability claims.

One of the goals of the campaign is to raise funds to support CMHA workplace mental health initiatives, including its Mental Health Works program and annual

Bottom Line Conference.

"We want employers to step up and help us reach as many Canadians as possible," says Peter Coleridge, the national CEO of the CMHA. "You'll be investing in improved mental health in your workplaces, which positively impacts overall employee health and productivity."

For more about mental health in the workplace, visit [notmyselftoday.ca/home](http://notmyselftoday.ca/home).

— Jane Doucet

## Advertising Feature

# BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service provides live answer, email or web chat 24/7, confidential, free and anonymous.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the



**1 in 5 Canadians will experience a mental health issue in their lifetime!**

**Almost 50% of calls come from family members or concerned friends!**

Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.

## Mental Health Helpline

1-866-531-2600  
[www.MentalHealthHelpline.ca](http://www.MentalHealthHelpline.ca)

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook







Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

# Play for all the marbles — or not



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up \$10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another \$10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the \$10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of \$10 and risk no fur-

ther loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I

see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 \$1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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la cité collégiale

## Treasure hunting tips for the savvy yard sale shopper

Now that summer is here, garage sales and flea markets abound. But as you search for that perfect treasure, be sure to keep safety in mind.

Second-hand items, especially electronics, building supplies, appliances and helmets, may carry certain risks if they are damaged or used. If you are planning on holding a yard sale, check Health Canada's website for recent changes that state everyone holding a garage or yard sale is legally responsible for ensuring that products being sold are safe and meet current regulatory requirements.

CSA Group, a leading certification and testing organization, offers these safety tips for yard sale shoppers:

### Second-hand items

- Avoid electrical or gas products if a label from a recognized certification organization such as CSA Group is missing. Look closely at the mark to ensure it matches the design and colour of certification marks from the same organization on other similar products.
- Check wiring and extension cords for wear and damage.



With garage sale season underway, don't forget some of these simple safety tips. NEWS CANADA

In particular, look for worn insulation and splices on the cord and loose or exposed parts on the plug.

- Avoid purchasing used bicycle, hockey or construction helmets as you don't know their history or what damage may be hidden from plain view.

### Counterfeit or illegal goods

- Counterfeiters often use flea markets to peddle fake goods. Packaging on counterfeits is often poorly designed or has

only partial illustrations. Misspellings and unclear printing on products and labels may be another indicator of a fake product.

• Brand-name companies want you to know whose product you're buying, so look for a recognized name. Also look for return addresses or company contact information on packages.

- Check the "look and feel" of goods. Fake products often seem light and flimsy.

NEWS CANADA



Sports in pictures



# 1 Tennis. Raonic squeaks through Round 1 in Spain

Canada's Milos Raonic continued his tuneup for the French Open with a 7-5, 7-6 (7-5) first-round win over Nikolay Davydenko on Monday at the clay-court Madrid Open.

THE CANADIAN PRESS

# 2 Cycling. Italians lead pack at Giro

Italian Luca Paolini used a late solo attack to win the third stage of the Giro d'Italia on Monday and take the overall leader's pink jersey from compatriot Salvatore Puccio.

THE ASSOCIATED PRESS

# 3 MLB. A-Rod resumes on-field work

Injured third baseman Alex Rodriguez joined a group of injured New York Yankees players Monday at the team's minor-league complex in Tampa, Fla.

THE ASSOCIATED PRESS

## Awards. Habs' Gallagher among Calder nominees

Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.

The winner will be announced during the 2013 Stanley Cup final.

Gallagher ranked second among rookies in 2013 with 15 goals. He had 28 points in 44 games and finished in the top five among league freshmen in shots on goal (117), plus-minus



Brendan Gallagher THE CANADIAN PRESS

(plus-10) and game-winning goals (three).

The 21-year-old forward was selected by the Canadiens in the fifth round of the 2010 NHL draft. THE CANADIAN PRESS

## NHL. Outdoor game coming to sunny California

The NHL says the Los Angeles Kings will host the Anaheim Ducks in an outdoor game at Dodger Stadium next January.

An NHL outdoor game has also never been held so far south or in California. The game is set for Jan. 25.

The logistics of playing outdoors in balmy California temperatures might seem daunting. Yet the NHL and the teams seem confident that ice-making technology exists that could meet NHL standards.

The Kings played the New York Rangers in an outdoor exhibition game at Caesars Palace in Las Vegas in 1991 as temperatures topped 80 degrees. The Kings beat the Rangers 5-2 on ice that held up reasonably well. THE ASSOCIATED PRESS



Dodger Stadium GETTY IMAGES

# Habs fans using 'stache trash talk to give back

NHL. Pair of Habs followers using Prust's verbal attack on MacLean to promote awareness to WWF

Two Montreal Canadiens fans are trying to put a positive spin on some of the nastiness that has surfaced during the Habs' playoff series with the Ottawa Senators.

They're using Brandon Prust's reference to Ottawa coach Paul MacLean as a "bug-eyed, fat walrus" to help raise funds for worthy causes.

The Montreal forward made the comment after MacLean's reaction to the bloody hit on Habs centre Lars Eller by Eric Gryba in Game 1 last Thursday.

MacLean blamed Raphael Diaz for making a dangerous pass to Eller.

Habs fan Ashley Marah says she doesn't bear any ill will toward MacLean or the Senators.

The 31-year-old woman, who did not want to give her

### A gift for Prust

- A plush walrus for Brandon Prust cost Ashley Marah and her friend, Lissa Albert, about \$40. That donation will go to the WWF's conservation efforts. As of Monday, they had collected about an additional \$300. That money and any extra funds will go to the Montreal Canadiens' Children's Foundation.

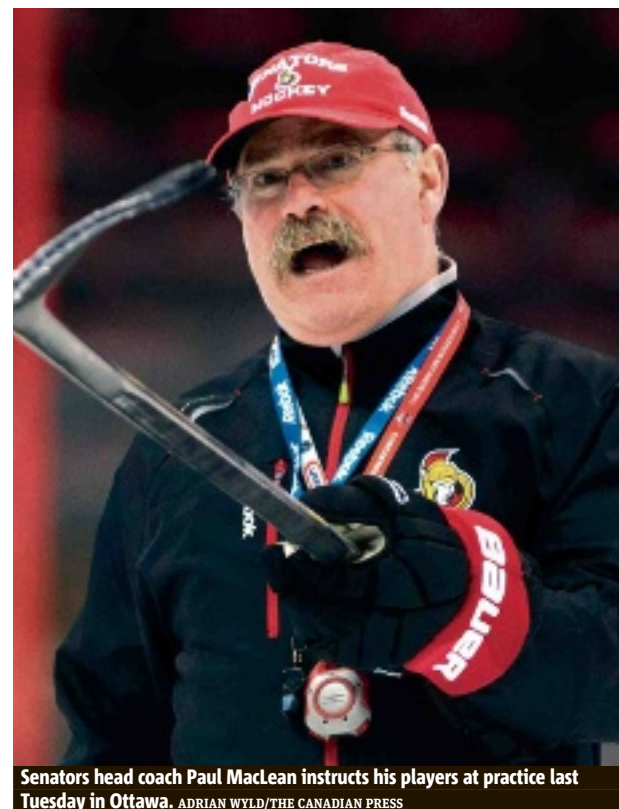
family name, is using the occasion to promote awareness about the walrus, a threatened mammal.

She "adopted" a walrus for Prust after googling the World Wildlife Fund.

"Let's do something good with this," she said. "I find it a unique touch to what this whole thing had escalated to."

"Because at the end of the day we're all just people and people say things and people don't mean things."

THE CANADIAN PRESS



Senators head coach Paul MacLean instructs his players at practice last Tuesday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

### NBA

## Melo 'meant more to his team' than LeBron: Writer

The only writer who did not choose LeBron James of the Miami Heat as the NBA's Most Valuable Player believes Carmelo Anthony "meant more to his team" this season.

Gary Washburn of The Boston Globe says Anthony made the New York Knicks relevant again by leading them to their first division title in nearly two decades.

Washburn says the Knicks would not have made the playoffs without Anthony, while the Heat have plenty of talent besides James.

THE ASSOCIATED PRESS

### NBA

## Flop costs OKC's Fisher \$5K

Oklahoma City's Derek Fisher was fined \$5,000 by the NBA on Monday for flopping in Game 5 of the Thunder's first-round playoff series against the Houston Rockets.

Fisher's fine was the result of a play in the second



Derek Fisher GETTY IMAGES

quarter when both he and teammate Kevin Martin fell backward onto the floor to take a charge against Houston centre Omer Asik. Asik was called for an offensive foul on the play.

THE ASSOCIATED PRESS



# Gaydosh tips a couple back after going to Ticats

**CFL.** No. 1 draft pick heading to Hamilton unless NFL interest forces him south

It was shortly after 10 a.m. locally but still a good time for Linden Gaydosh to celebrate.

Moments after going first overall to the Hamilton Tiger-Cats in the CFL draft on Monday, the Calgary Dinos' rugged defensive lineman honoured the occasion by cracking open a cold one at his Peace River, Alta., home.

"(The celebration) is going very well," Gaydosh told reporters during a CFL conference call four hours later. "I've had a couple for sure."

"They're probably the best beers I've ever had."

Gaydosh's selection was hardly surprising.

The six-foot-three, 314-pound Gaydosh was the

## Quoted



**"The NFL option is in my head and I don't want to close that door until I absolutely have to before I commit to the CFL."**

Linden Gaydosh, the No. 1 pick in Monday's CFL draft. The Hamilton Tiger-Cats will have to wait for commitment from Gaydosh, who wants exhaust his NFL options before putting his signature on a CFL deal.

third-ranked prospect according to the CFL's scouting bureau and impressed at the league combine in March with his raw power and athleticism. And with this year's shallow talent pool, Gaydosh's stock skyrocketed leading up to the draft with six of the seven top prospects either returning to school or garnering serious NFL interest.

That made Gaydosh a hot commodity as Ticats coach/GM Kent Austin said he entertained trade offers for the No. 1 pick but none were to his liking.

"We didn't feel like the value was there and in most cases, not even close," Austin said. "It didn't get very serious in our mind."

Especially, Austin said, considering what the Ticats figured they were getting in Gaydosh.

"He's very aggressive; he's very strong and very agile for his size," Austin said. "The guy really loves football and we want guys who love the game and will commit at a high level and, as they say, pay the price to be great."

"I think Linden has those

## Ottawa gets MacMillan

Expansion Ottawa — slated to return to the CFL in 2014 — finished the first round by taking offensive lineman Nolan MacMillan, who's returning to Iowa this fall.

- Ottawa finished with four NCAA underclassmen picks — a surprise given the early run on returning players — but will be a full participant in the 2014 draft.

qualities."

Gaydosh registered 90.5 tackles, seven sacks and 14 tackles for a loss at Calgary, helping the Dinos win four straight Canada West championships. Gaydosh was Canadian university football's top rookie in 2009 and Hardy Cup defensive MVP the following year. **THE CANADIAN PRESS**



## Leafs run into problems in Game 3 of series

Maple Leafs forward Joffrey Lupul checks Boston's Johnny Boychuk during Game 3 of the first-round series on Monday night in Toronto. The Leafs were unable to recover from the Bruins' three-goal second period and lost 5-2. **STEVE RUSSELL/TORSTAR NEWS SERVICE**

## MLB

### Shoulder sends Halladay to DL

The Philadelphia Phillies have placed two-time Cy Young Award winner Roy Halladay on the 15-day disabled list because of an injured right shoulder.

Halladay will be replaced on the roster by left-hander Joe Savery. The move was announced before the Phillies opened a three-game series in San Francisco on Monday night.

Halladay is 2-4 with an 8.65 ERA in seven starts this season. He allowed nine runs in 2 1/3 innings against Miami on Sunday.

Halladay expects to see Dr. Lewis Yocum in Los Angeles this week. The 35-year-old right-hander is in the final season of his contract with the Phillies, making \$20 million this year.

**THE ASSOCIATED PRESS**



Roy Halladay GETTY IMAGES

## MLB. Nowhere to go but up for disappointing Jays

A season that started with loads of promise is quickly turning into a year to forget for the Toronto Blue Jays.

The team acquired plenty of big-name talent in the off-season and was expected to contend in the American League East. Instead the Blue Jays are stuck in last place in the division and are among the worst clubs in Major League Baseball.

Toronto was flat out of the gate and has been unable to win more than two games in a row. The Blue Jays appear to have the talent but the team has been consistently outplayed and has an 11-21 record as a result.

"We're digging a pretty good hole right now, no question about it," manager John Gibbons said during a pre-game availability Sunday.

The Blue Jays went on to blow out the Seattle Mariners 10-2 to finish their six-game homestand with a 2-4 record. Toronto will try to build on the victory this week with a four-game series which began Monday at Tampa Bay.

It's still early May but the reality is the Blue Jays' chances of reaching the post-sea-



Blue Jays right-fielder Jose Bautista  
THE CANADIAN PRESS

son appear slim at best.

A 93-win total was needed for an American League wild-card berth last year. Toronto would need to play at a .631 clip the rest of the way to reach that plateau.

To put that in perspective, only the National League East champion Washington Nationals — at .605 — finished the 2012 season over the .600 mark.

The Blue Jays need an immediate improvement in almost all areas of their game to have any hope of getting back in the mix in the AL East.

**THE CANADIAN PRESS**

## NHL PLAYOFFS

### CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

#### EASTERN CONFERENCE

##### PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1)

Sunday's result

Pittsburgh 5 N.Y. Islanders 4 (OT)

Tuesday's game

Pittsburgh at N.Y. Islanders, 7 p.m.

##### MONTREAL (2) V. OTTAWA (7)

(Ottawa leads 2-1)

Sunday's result

Ottawa 6 Montreal 1

Tuesday's game

Montreal at Ottawa, 7 p.m.

##### WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-0)

Monday's result

Washington at N.Y. Rangers

Wednesday's game

Washington at N.Y. Rangers, 7:30 p.m.

##### BOSTON (4) V. TORONTO (5)

(Series tied 1-1)

Monday's result

Boston at Toronto

Wednesday's game

Boston at Toronto, 7 p.m.

#### WESTERN CONFERENCE

##### CHICAGO (1) V. MINNESOTA (8)

(Chicago leads 2-1)

Sunday's result

Minnesota 3 Chicago 2 (OT)

Tuesday's game

Chicago at Minnesota, 9:30 p.m.

##### ANAHEIM (2) V. DETROIT (7)

(Anaheim leads 2-1)

Monday's result

Anaheim at Detroit

Wednesday's game

Detroit at Anaheim, 10 p.m.

##### VANCOUVER (3) V. SAN JOSE (6)

(San Jose leads 3-0)

Sunday's result

San Jose 5 Vancouver 2

Tuesday's game

Vancouver at San Jose, 10 p.m.

##### ST. LOUIS (4) V. LOS ANGELES (5)

(St. Louis leads 2-1)

Monday's result

St. Louis at Los Angeles

Wednesday's game

Los Angeles at St. Louis, 9 p.m.

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	20	11	.645	—
New York	18	12	.600	1½
Baltimore	19	13	.594	1½
Tampa Bay	14	16	.467	5½
Toronto	11	21	.344	9½

#### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	14	14	.500	4
Minnesota	13	14	.481	4½
Chicago	13	17	.433	6

#### WEST DIVISION

	W	L	Pct	GB
Texas	20	11	.645	—
Oakland	18	14	.563	2½
Seattle	15	18	.456	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	12½

#### Monday's results

Chicago White Sox 2 Kansas City 1 (11 inn.)

Oakland at Cleveland

Minnesota at Boston

Toronto at Tampa Bay

#### Tuesday's games

##### All times Eastern

Kansas City (Santana 3-1) at Baltimore

(Chen 2-3), 7:05 p.m.

Oakland (Milone 3-3) at Cleveland (McAllister 2-3), 7:05 p.m.

Minnesota (Diamond 2-2) at Boston

(Dempster 2-2), 7:10 p.m.

Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.

L.A. Angels (Wilson 3-0) at Houston

(Lyles 0-0), 8:10 p.m.

## NATIONAL LEAGUE

#### Monday's results

Atlanta at Cincinnati

Texas at Chicago Cubs

Miami at San Diego

Arizona at L.A. Dodgers

Philadelphia at San Francisco

## NBA PLAYOFFS

### CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

#### EASTERN CONFERENCE

##### MIAMI (1) V. CHICAGO (5)

(Series tied 0-0)

Monday's result

Chicago at Miami

Wednesday's game

Chicago at Miami, 7 p.m.

Friday's game

Miami at Chicago, 8 p.m.

##### NEW YORK (2) V. INDIANA (3)

(Indiana leads 1-0)

Sunday's result

Indiana 102 New York 95

Tuesday's game

Indiana at New York, 7 p.m.

Saturday's game

New York at Indiana, 8 p.m.

#### WESTERN CONFERENCE

##### OKLAHOMA CITY (1) V. MEMPHIS (5)

(Oklahoma City leads 1-0)

Sunday's result

Oklahoma City 93 Memphis 91

Tuesday's game

Memphis at Oklahoma City, 9:30 p.m.

Saturday's game

Oklahoma City at Memphis, 5 p.m.

##### SAN ANTONIO (2) V. GOLDEN STATE (6)

(Series tied 0-0)

Monday's result

Golden State at San Antonio

Wednesday's game

Golden State at San Antonio, 9:30 p.m.

Friday's game

San Antonio at Golden State, 10:30 p.m.

## SOCCER

### MLS

#### Sunday's results

Kansas City 4 Chivas USA 0

Houston 1 Los Angeles 0

Wednesday's games

All times Eastern

Houston at D.C., 7 p.m.

Montreal at New York, 7:30 p.m.

Salt Lake at New England, 8 p.m.

Seattle at Kansas City, 8:30 p.m.

Portland at Dallas, 9 p.m.

Toronto at San Jose, 10:30 p.m.



Horoscopes

Aries

**March 21 - April 20**  
You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

Taurus

**April 21 - May 21**  
The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

Gemini

**May 22 - June 21**  
Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

Cancer

**June 22 - July 23**  
If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

Leo

**July 24 - Aug. 23**  
You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

Virgo

**Aug. 24 - Sept. 23**  
Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

Libra

**Sept. 24 - Oct. 23**  
Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

Scorpio

**Oct. 24 - Nov. 22**  
Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

Sagittarius

**Nov. 23 - Dec. 21**  
Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

Capricorn

**Dec. 22 - Jan. 20**  
Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

Aquarius

**Jan. 21 - Feb. 19**  
Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

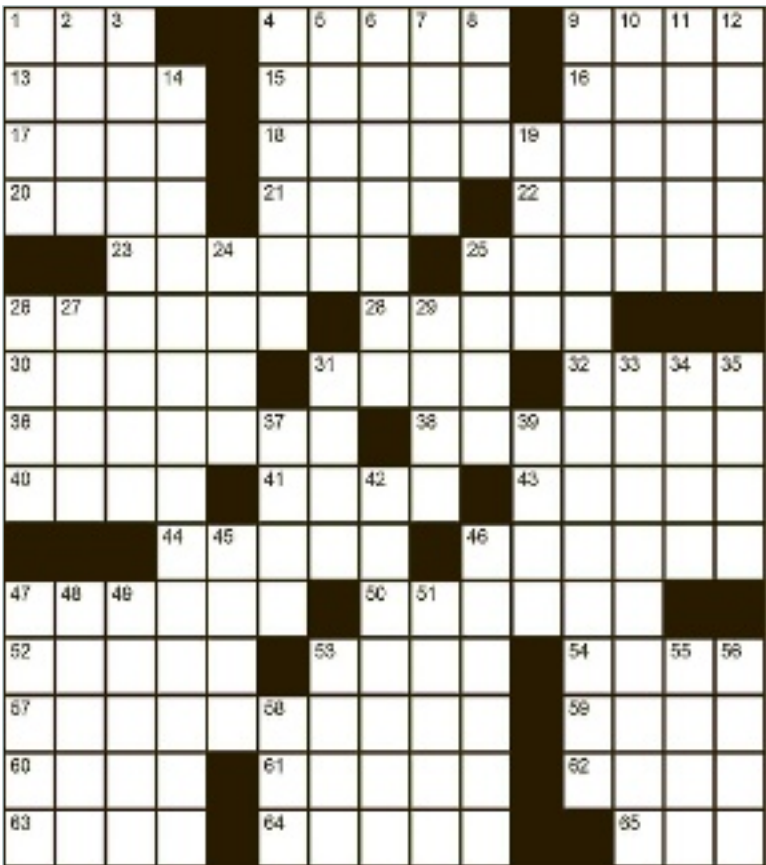
Pisces

**Feb. 20 - March 20**  
You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Quebec locale, \_\_\_-Beauport
- Hell
- Immense
- Awestruck
- "\_\_\_ be goin' now."
- Sudbury landmark, \_\_\_ Superstack
- Contented cat's call
- Hard rock trio from Toronto: 2 wds.
- Mr. Carvey
- New news
- Ex of celebs George and Rod
- George Orwell's Nineteen \_\_\_-Four
- :)
- Earth's third biggest island
- Baseball great Mr. Ryan
- Cheering-on person
- \_\_\_ Beach, Florida
- Tranquil
- An aquarium recreates it: 2 wds.
- Aficionado
- Garden \_\_\_
- Golds, in Spain
- \_\_\_ water (Up the proverbial creek): 2 wds.
- Montreal metro station, Cote-\_\_\_
- Nuts
- "Madonna: Truth \_\_\_" (1991)
- Cyberspace: 2 wds.
- Gets introduced to
- Weather without water
- Carpentry tool
- British Columbia city
- Anastasia's dad's job



- Prince William, for one
- Be an Alps communicator
- Eight: Spanish
- Li'l elevations
- Farm equipment com-

- pany, John \_\_\_
- Montreal football players, to fans

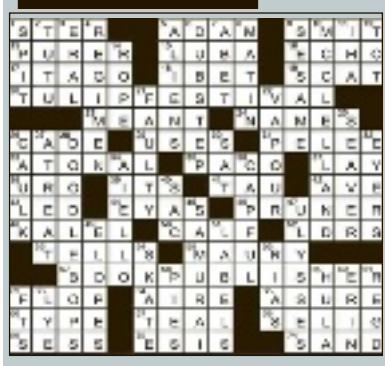
Down

- Force in California's largest

- city (acronym)
- Water: Spanish
- Sitcom set in fictional Dog River, SK: 2 wds.
- Cab Calloway's signature syllables

- Toward the stern
- Chewing gum brand
- Edmonton's CFL team's website, \_\_\_ .com
- Pou \_\_\_ (Vantage point)
- James Ehnes' recent Juno-winning album: 'Tchaikovsky: \_\_\_'
- Year's historic record
- CSI part
- "I Just Called \_\_\_ I Love You" by Stevie Wonder: 2 wds.
- Inglis \_\_\_ National Historic Site, in Manitoba
- Early-'80s hit: "She's a Bad Mama \_\_\_"
- "The Facts of Life" actress Ms. Jewell
- Blackthorn fruit
- Shrub
- Cream-filled cookie
- Commands, for short
- Green: French
- Alberta river
- Kings of \_\_\_ (Rock band)
- NY baseball team
- Golfer's warning!
- Opinion
- Cycled better than
- In the past, in verse
- Hawk
- D-Day beach
- "\_\_\_ Without a Cause" (1955)
- Money-spent transaction
- Job seeker's interviewer
- "...friend or \_\_\_?"
- Montreal-born humourist, Mort \_\_\_
- Amateurs' antonyms [abbrv.]
- Mr. Barrett of Pink Floyd

Yesterday's Crossword

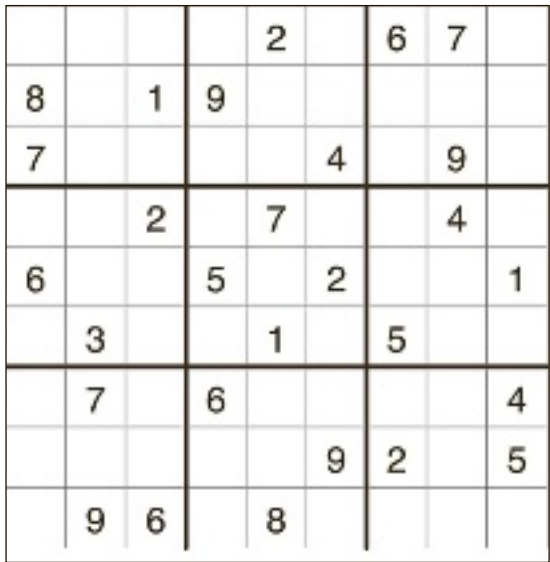


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Know what the weather will be 14 days from now. Check the 14 day trend.

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